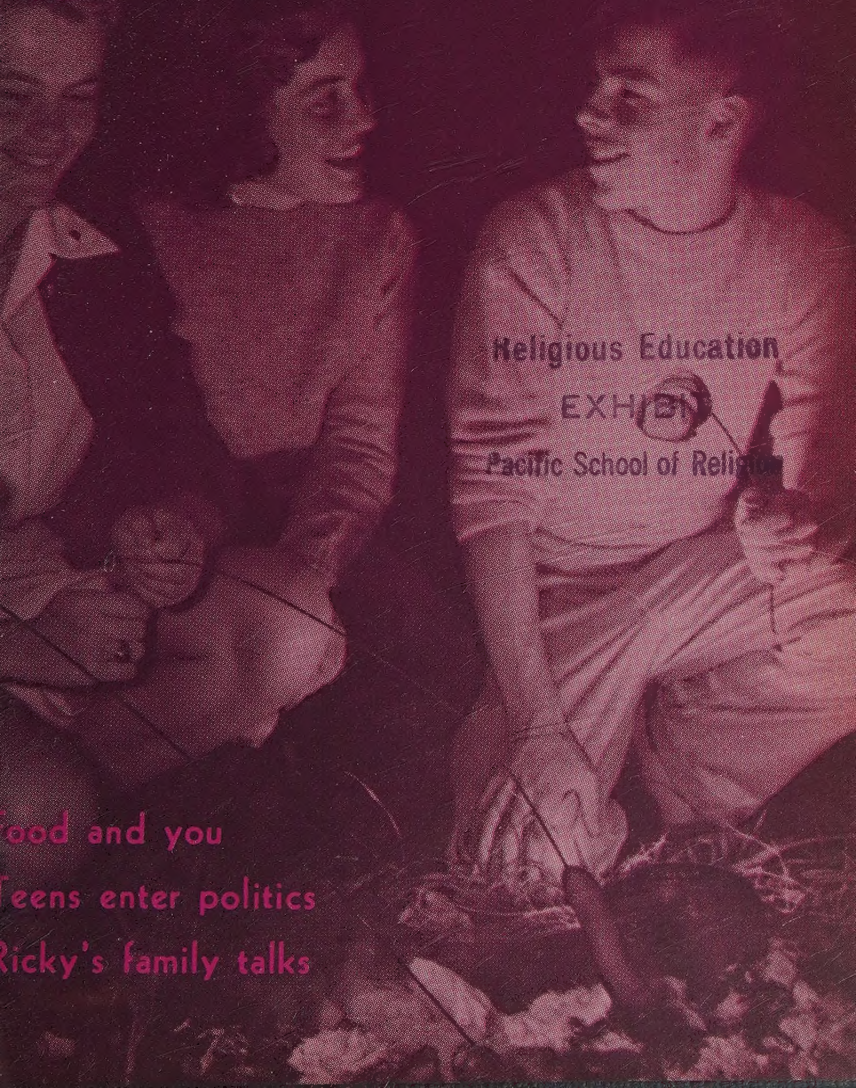


Youth

October 9, 1960



Religious Education
EXHIBIT
Pacific School of Religion

Food and you
Teens enter politics
Ricky's family talks

editor's note There's an ancient problem haunting us which even today looms larger than the tensions of the cold war and the suspended threat of nuclear devastation. It's the problem of hunger. Empty stomachs have been the cause of many uprisings. And the seriousness of hunger is multiplied today because there are many more humans alive today than ever before and because an increasing number of them are beginning to realize that hunger need not be a normal feature of life. Population is booming and the former servants are rising to demand the higher standard of living due to them. For the first time in history, science and technology offer real hope that world-wide hunger can be overcome. But we can do it only if we set our minds and hearts to it. And standing in our land of plenty, we might easily overlook the world's hunger. But if you do it unto the least of these, my brethren . . .

Introducing Bratford . . .



"We made no mistake raising him—he certainly isn't afraid of you!"

Youth

October 9, 1960

Volume 11 No.

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COME WE + TAKE WITH NELSONS



ONE evening in Hollywood, Rick Nelson was stopped by a traffic policeman for doing 50 miles an hour in a 35-mile zone. He was returning from location filming of the Nelson family TV show and his parents, Ozzie and Harriet, were driving a distance behind him. It was an embarrassing moment for a famous boy, and on top of it all, he had forgotten his driver's license. While the



"... they stress the importance of responsibility"—Ricky

officer was questioning Rick, Ozzie's car caught up with them. Stopping, Ozzie walked over. "Were you doing fifty, Rick?" Ozzie asked. "Yes, sir," Rick admitted. Ozzie merely stepped back and drove on without another word. At first glance one might think this a cruel way of handling a teen-age son caught in such a predicament, but here's Rick's own explanation of his father's actions:

"I understood perfectly why my dad didn't argue with the cop or try to influence him in any way. You see, my folks have always let Dave and me enjoy a lot of freedom—as much as they thought we could handle, in fact. But to balance this, they have always stressed the importance of accepting responsibility. That ticket was my responsibility, not my father's."

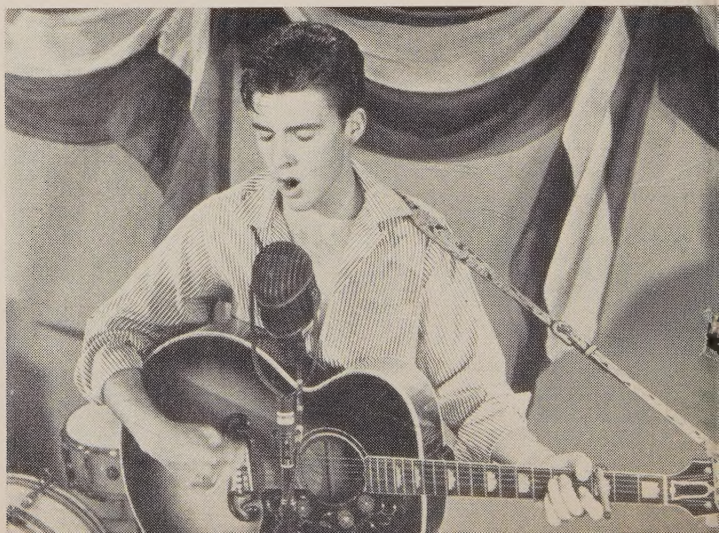
Raising two teen-age boys who have been in the public eye and confronted with more youth problems

than those of an average obscure family has been a task both Ozzie and Harriet Nelson have tackled with serious consideration. The fact they have done it so well is credit to be added to the long success of their TV show. How do they do it?

"In raising David and Rick, we've tried to avoid head-on clashes," says Ozzie. "I like to get things settled before they come to that point."

Does that mean the Nelsons are easy-going parents? "It would be wrong to think my folks aren't strict about some things," says Dave. "They won't, for instance, stand for compromise with honesty. They won't tolerate any discourtesy toward or lack of consideration for other people. They've drilled these things into Rick and me."

On the other hand, you can't compare Ozzie and Harriet among those who think the present generation of teenagers has "gone to the dogs."



. we've tried to avoid head-on clashes"—Ozzie

count them among the group's best boosters, which is best explained by Dave:

I remember finding a speech in my family scrapbook that my Grandfather Nelson once made before the Young People's Association of a Congregational church. Grandfather told teenagers that he didn't think they had gone to the dogs just because they were Charleston-happy. In fact he told them he thought they were superior to counterparts in his generation. It occurred to me that Grandpa had been talking to the same generation that today consensually rock 'n' roll.

My dad seems to have a similar attitude toward my generation. I've heard him say several times that while today's young people know all about rock 'n' roll, they also are more aware of what is going on in the world than any previous generation." Some prominent parents, busy with their careers, are accused of ignoring their children, seldom listening to their problems. Here's what Rick Nelson has to say about that: "Mom and Dad have never really treated us as children, not in recent years anyway. I think that's because we have been

earning our own way for almost 12 years.

"Both have always been great listeners. They never pry, and they don't force advice on us. This doesn't mean that they don't give opinions—they do—but they leave it to Dave and me to decide for ourselves, trusting us to do the right thing. If we're not allowed to make decisions when we're young, we may not be able to make them as adults.

"Because Mom and Dad always listen to our side of the story—they may not agree but they listen—it's easy for Dave and me to talk to them. So, when we have a problem, the first people we discuss it with are our parents. As I see it, this is a big thing. A lot of young people can't talk problems over with their folks."

"I'll never forget how Mom and Dad acted when I had that car accident. It happened a few months after my 16th birthday when I got my Porsche. A Porsche goes fast. Mom and Dad repeatedly cautioned me about driving too fast, but you know how it is when you're 16. When I did drive too fast one night in Beverly Hills, I hit a slick spot in the road and turned over three times. The car was completely demolished. I came to in the hospital. Mom, her face whiter than I've ever seen it, and Dad, gray with worry, were there.

"Not once, then or later, did they say in effect 'we told you so.' They knew that if that accident, from which I escaped by some miracle with minor bruises, hadn't taught me the dangers of speed, nothing they could say would help. I'll always re-

Rick Nelson is already a veteran presence in radio and television as the popular family comedy "The Adventures of the Nelsons" (ABC-TV). As a singer, he has recordings which have sold a million or more copies.

As a member of the Air National Guard, Dave Nelson (right) trained at Lackland Air Force Base, Tex. In addition to taking part in the TV series, Dave is a member of "The Flying Viennas," an aerialist troupe. Now he and Rick are developing their own aerial act — Dave, the "catcher," Rick, the "flier."



". . . they won't stand for any compromise with honesty"—Dave

member that. It showed they believed I had some good sense. Gives a fellow confidence in himself."

Harriet Nelson is no exception when it comes to worrying about her sons. Being a very active person, one would think she had little time to be concerned. Last year she was named "Woman of the Year" by the Los Angeles Times, and she and Ozzie were voted best husband and wife team for the seventh year recently by TV-Radio Mirror magazine. Their show begins its 18th year on the air this fall, making it the most popular of its kind in broadcasting history. As Harriet Hilliard, born in Iowa of theatrical parents, she toured the country in musical and dramatic shows before joining Ozzie's orchestra and eventual marriage in 1935. Dave

was born in 1936 and Rick in 1938. Says Harriet:

"I heard so much about the problems of handling teenagers that nearly ten years I waited for some trouble with Dave and Rick. Nothing alarming ever happened. When the boys got into their teens I tried to remember how I felt at 13 and 14, and I recalled how I'd presented adult questions. I wasn't trying to hide anything; I didn't feel guilty, I just wanted to be left myself.

"So I resolved to let the boys know I was interested in what they were doing without seeming to pry. I admit it was hard sometimes to ask questions and not get a word of answer. I felt like Gary Cooper. When they joined the family circle with all

. . I recalled how I resented adult questions"—Harriet

'and 'nope' responses. I learned, though, that the less I asked, the more the boys told me."

Ozzie, who attended Rutgers University on an athletic scholarship and worked as a high school football coach as well as playing in a dance orchestra, has always been careful about money matters and carries out theories in handling the boys. Though Dave is already on his own, Rick won't be 21 until next year, 1958 at which time he will cash in on the trust fund created by his earnings when he was eight.

Dad had a philosophy about money that sounds pretty good to the boys' comments Rick. "He says if you do the best you can—then make a little extra effort—money in the bank will take care of itself." It sounds as if the whole family has been practicing that little extra effort.

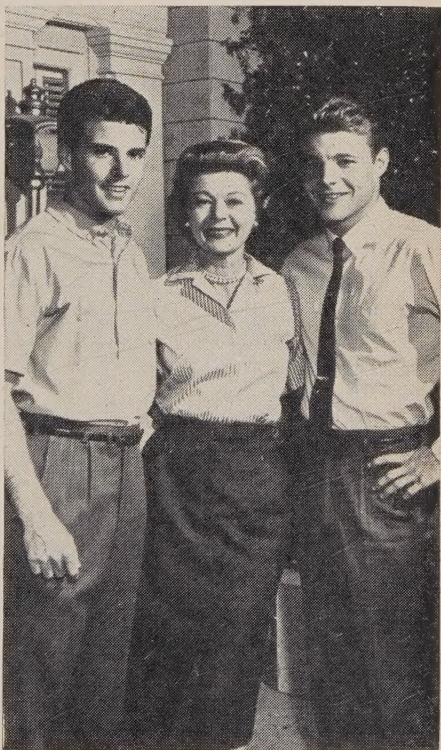
Raising a family of boys is not without its humorous touches, and Harriet likes to tell this one on her own. One day when son Rick was still young, he came in with his trousers torn. "You go right to your room, take off those pants, and mend them," she told Rick.

Some time later, wondering what had happened with no sign of the boy, she looked into the hall and saw the torn trousers lying there. At the same moment she heard a noise in the basement and noting the door was open, shouted down: "Are you running around down there with no trousers?"

"No, ma'am," said a deep bass voice, "I'm reading the gas meter."

—HUGO STEELE

(left) and David (right) proudly pose with their real-life and mother, Harriet Nelson. The nation has seen the boys grow to manhood on "The Adventures of Ozzie and Harriet," now in its 18th consecutive year on the air (its ninth year on TV).



in the ROUND

DOZENS

THIS HI-FI BUSINESS

Go into any home with something that plays a record, and you'll be told it is "a hi-fi." Apparently the word phonograph no longer exists. To me, however, "fidelity" has distinct meaning, and *hi-fi* fidelity means a high order of conformity or faithfulness. So what is this hi-fi business?

It depends on how much you want to hear. Despite the fact that we hear differently, we share an inability to detect the extreme low and high ends of the audio spectrum as volume goes down. This is an important point.

True hi-fi components . . . turntables, pickups, amplifiers and speakers . . . are capable of reproducing sound from a record faithfully. However, at low volumes our ears cannot sense that capability, and an inexpensive, package "hi-fi" will sound about as good. Obviously it is foolish to waste money on quality components unless we propose to listen to them at near-concert levels.

Music listening is primarily an emotional experience, a response to color, timbre and dynamics, as well as to the elements of the music itself. Getting these thrills from a set requires volume, solid and to life bass, and a real bite from the tweeters—all without distortion or noise. The key components are the turntable and pickup at one end of the speaker system at the other. Converting to and from the electrical signal are the critical points in the system. Neither is a spot for compromising quality.

A Basic Low-Cost Hi-Fi

Gadgets and meters "prove" otherwise, but the most satisfying speaker sound comes from a bass reflex or loaded horn. (I suspect this is because our ears like the extra bass boost of the reflex or horn, while a meter is pretty much indifferent to it.) My own recommendation, for an affordable low cost speaker to begin with, is the Electro-Voice SP-15 bass-reflex cabinet. Later, with one of EV's new inexpensive two-way crossover Building Block Kits, it will provide a truly fine speaker system.

For the other end, start with a good turntable. Changers are con-

for "a hi-fi" used for background music. They offer no advantage high fidelity rig. Save money, without losing quality, by purchasing ne-speed turntable. Best, in my experience, are the Thorens and card turntables.

A stereo cartridge, even though you have no immediate plans for stereo. All stereo cartridges work monaurally, with no damage to discs, you can begin at once to acquire and enjoy stereo recordings—monaurally. At the same time you build a collection to be enjoyed all over again some day—in stereo.

Selection of a cartridge is usually the biggest headache. Troubles are often due to a mis-match of cartridge and arm. Therefore, it is wise to buy an integrated unit. Still, you can't be sure even then. For several months I used a unit which was supposedly the best available. There was no question about it to me, its raucous reproduction of highs and lows, the way it found and spotlighted the slightest noise or distortion in a record were unpleasant. More recently, I switched to the new Pickering-198 Unipoise Arm and Fluxvalve cartridge. Its specs top all competition, but in listening tests its superiority is spectacular. I am sure the noticeable bass boost in this unit is a deliberate part of this latest design by Pickering's president, Mr. Walter Stanton.

That brings us to the amplifier and pre-amp. Here one of the do-it-yourself kits is a money saver. The Heathkit units are well-designed, inexpensive, and simple to put together. Small mistakes seem inevitable, but a Heathkit will put a weak effort in perfect condition for a nominal price. Dynakits, too, enjoy a high reputation. A lot of the difficult wiring is already done as printed circuits, and a Dynakit amplifier can be assembled quickly. Dynaco's highly-rated output transformer and a kit which puts little strain on all components are additional points in the Dynakit's favor. Other kits are available, and the higher priced ones are probably better. But these are my recommendations for a minimum-cost high fidelity set-up.

Why talk about this hi-fi business in one of our earlier columns? Simply because we feel it is important for you serious-minded young people of hi-fi and stereo to get the right start in this field, especially if you're about to try and put together your own set soon. We don't want you to waste your own money (and your father's) on an inadequate setup. So, here's to the best sound in the round.

—DON SMITH

in the ROUND

SOUND



Wishing won't do it — *diet* will !

“FATTY, fatty, two by four, can't get through the kitchen door!” Or “Hey, Skinny Minny!” Have you ever been the victim of such taunting shouts? If so, you know how deeply they can cut. Then, as you grow older, the digs about size and shape become more subtle—the shouts are replaced by glances, snickers and whispers, but, as you well know, they can talk more loudly and hurt longer than any childish taunt.



he worst part of this whole overweight, under-
right ordeal is that you're the master of your
re and your feelings, and no one else can be
ned for the shape you're in. By your own daily
isions to eat certain foods and reject others,
re either locking or unlocking the door to good
ts, fresh feelings, alert reactions, and a peppy
sonality. In short, what you are can be deter-
ed much by what you eat. Your body needs the
t kind and quality of food to function at its best.

Food and Your Appearance

heck your list of friends and pick out the most
tling guy and gal in the crowd. Chances are
they probably have a pretty smile, clear com-
ion, gleaming hair, and bright eyes in addition
bubbly personality that everyone likes so well.
attractive outward appearance is often a good
that all's well inside, too, and both are depen-
t upon the food you eat.

ur skin, eyes, and teeth

Nothing ruins an attractive appearance faster
a blotchy complexion, and, of course, young
ole in the teen years are often plagued by blem-
s more than anyone else because their oil glands
a habit of functioning overtime. Fortunately,
amins A and C can come to the rescue if you
sume fruits and vegetables containing them.
y'll help clear up troubled skin just as quickly





Diet (Continued)

as rich foods with too many calories will wreck

Nor is Mother too far wrong when she recommends "rabbit food" for sharp eyesight. Vitamin eaten in deep yellow or dark green leafy vegetables three or four times a week is important for vision and helps guard against certain diseases of the eye. Its partner in eye work is Riboflavin, found in dairy products, meats and green, leafy foods.

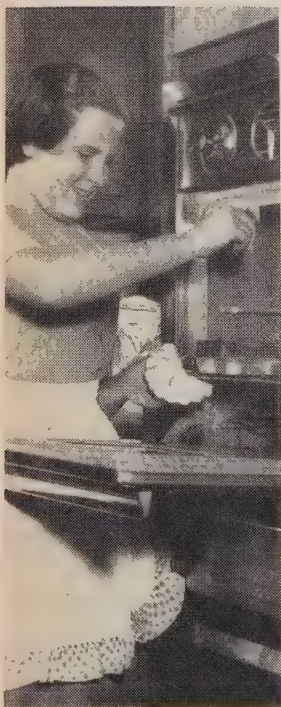
In the teeth department, the chief builder-up and preserver is Calcium, which means that milk is important. Although daily brushing and regular inspection by the dentist are necessary, our diets help to help with the upkeep, too. If a toothbrush is handy, try a good drink of water or crisp fruits and vegetables for after-dinner cleansing.

Your figure foibles

Inheritance is rather difficult to fight, so it looks like you don't have much to say about your height and your framework. But you can make your preference count when it comes to keeping that framework strong and building a suitable figure on that framework. Daily menu plays a big role in determining how flabby or firm, fat or slender you'll be.

If you know you're fat, then it's time to start using your mathematical talents for counting calories. Not only is your appearance suffering, but all your physical functions are weighted down as well. No magic formula for dissolving excess pounds has ever been discovered, and fad diets which guarantee you'll lose ten pounds in one easy week ought to be avoided that you may lose your health and good nature. Actually, the wisest way to shed weight is to keep right on eating regular meals that include all the prescribed foods—just smaller portions of each. Depending on protein-rich foods for energy and skimming off on sweets and fats which supply many calories will usually lead to satisfying diet results.

On the opposite end of the scales, Skinny Mi



Calorie Recommendations for Teenagers

Sex	Age	Height	Weight	Calories
Girls	13-15	5' 3"	108	2,600
"	16-19	5' 4"	120	2,400
Boys	13-15	5' 4"	108	3,100
"	16-19	5' 9"	139	3,600

NOTE: Use this chart as a guide only, for no two teens are exactly alike. Some exercise more than others. Some are not at exactly the same stage of growth as others of the same age.

ds a diet as much as her fat friend, but her diet l have to heap calories upon calories, instead. If 're underweight, you and your calorie book can e a field day choosing foods that will spice up basic ingredients of a healthful meal in addition placing pounds on your frame. And you can also e a snack-time holiday. All teenagers find snacks and valuable as a part of the total daily food tern, but you who are too thin can really put m to work giving you those necessary extra cal- es. See the "Snack-time Signals" on page 15.

Food and Your Performance

How well you perform—whether as an athlete or olar—depends much on what shape you keep r body in. And food enters in again. Although ng special kinds of food can neither make you r. America nor a second Einstein, the right ds of food will help you build a foundation that ws you to perform to the best of your ability. letes require diets which supply generous ounts of protein and food energy while students d an all-around complete diet, containing plenty hiamine, a B vitamin that's found in meat, fish, ltry, eggs, nuts, berries and enriched breads and eals. Such a diet will keep brains and nervous ems functioning properly, make studying easier, aid your alertness in all activities.



Diet (Continued)

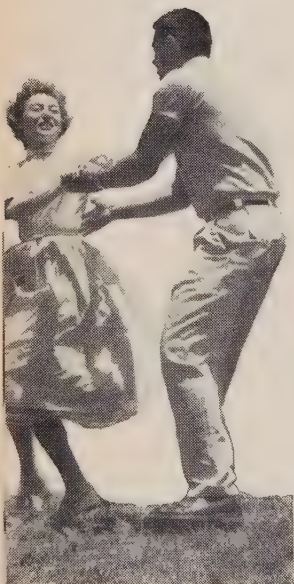
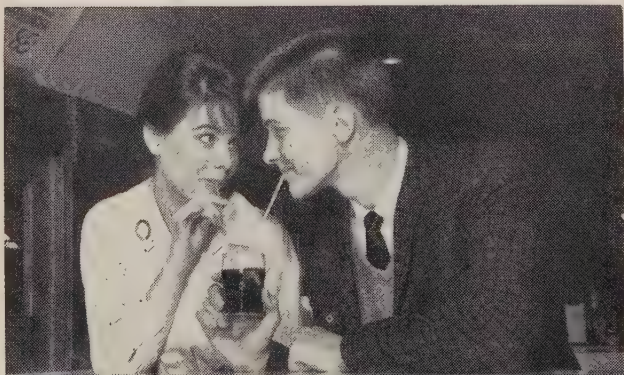
For example, if you have overeaten just before driving a car, you may be sleepy and your reflexes won't work so quickly. If you are tired and overhungry, your nervous system may reflect your instability, and that is equally dangerous on a highway.

Food and Your Personality

When you picked out the most sparkling guy or gal in the crowd, you recognized that both the physical appearance and bubbling personality were important. These teens win friends and popularity contests because they're radiant, full of pep, and sincerely interested in others and the world about them. And it's a safe bet that they are this way because they feel great physically from top to toe. They invest in good food for insurance of good health, and you can, too.

Food and Your Future

Our trusty old bodies—fat, thin, or just right—put in a 168-hour week. They're on the job during all our waking and sleeping hours. Our bodies need fuel. Every inch of us depends upon the food we eat. How we treat our bodies *now* will determine how we live in the future.



Snacktime Signals

What can you expect from snacks? What kind of snacks would provide more than calories? You probably already know some answers to those questions. But perhaps a quick look at some typical snacktime foods is in order.

Hot dogs, hamburgers, and other favorite sandwiches, such as cheese and peanut butter, provide important amounts of protein as well as vitamins and minerals.

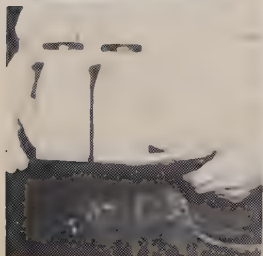
Fresh raw fruits and vegetables, such as apples, bananas, apricots, carrot and celery sticks, are good sources of minerals and several of the vitamins. Nearly everyone likes them.

In addition to the calories in ice cream, you can count on 1/3 of a pint to give you more vitamin A than a glass of milk, and about 1/3 as much calcium. Ice cream also provides small amounts of iron and the B vitamins.

Malted milk and milk shakes are good sources of calcium, vitamin A, thiamine and riboflavin, just as is milk—but they also contain considerably more calories.

Cookies generally supply some vitamins and minerals along with calories.

Popcorn and potato chips furnish mainly calories, but also contain a little protein and some of the B vitamins.



Diet (Continued)

For the gals: If girls are anything less than properly nourished and completely healthy, they aren't capable of being good mothers. During pregnancy, babies need proteins, vitamins and minerals to stay alive and if neither the foods you eat nor your body reserves supply them, both you and your child are in danger. And after pregnancy, both Daddy and baby will demand and deserve your attention. Will you be healthy enough to supply



For the boys: When you trade your teen-age status to become the young man of the house, you're assuming bigger emotional and physiological responsibilities than you've ever had before. If you hope to meet the needs of a wife and family with enthusiasm, you'll need an abundance of food and nutrients to keep you in condition. And you'll also need to watch your waistline as closely as any male because excess weight makes even the sturdiest heart to work overtime.

God has blessed most of us with healthy bodies at birth. It is simple, good stewardship to take the best of care of what we have been given. There is on this earth plenty of food for all, if we will only share it and use it properly. With scientists telling us what our bodies need to function at their best, we are foolish not to listen to their wise counsel.



For more guidance: If you wish to read more on this topic of food for teenagers, there is a new booklet, "Personality PLUS Through Diet," by Charles Glen King and Gwen Lam (Public Affairs Pamphlet No. 299). This article in YOUTH has been based on this booklet and is reprinted here with permission of the publishers. If you wish a copy of this booklet, send 25 cents to YOUTH magazine, 1 Race St., Philadelphia 2, Pa.



our Mealtime Guide

Fruit — It's a good idea to eat a fruit that is rich in vitamin C — such as orange, grapefruit, melon, strawberries or tomato juice.

Egg and/or Breakfast Meat — A food rich in protein will help avoid "before lunch" hunger. Boys, especially, may want **both** egg and breakfast meat, while one **or** the other will usually satisfy girls.

Bread and/or Cereal — For the most food value, be sure that breads and cereals are enriched, whole grain or restored.

Butter or Margarine — Add jams or jellies, too, if you like them and can "afford" the extra calories.

MILK — Hot cocoa is a good cold-weather choice. Weight-watchers may prefer skim milk.

Main Dish — A "hot dish" from your school lunch counter is usually a good choice, or have a sandwich with a protein-rich food (such as a hamburger or hot dog). Cheese, peanut butter, eggs and baked beans are also good.

Bread — Eat enriched or whole grain bread, either as a sandwich or plain.

Butter or Margarine

Vegetable or Salad

Milk — Whole milk is the best choice for most teen-agers. But if you are trying to lose weight, drink skim milk or buttermilk. Consider a milk shake or malt if you're underweight.

Dessert — Fruit is a good choice, but occasionally you may prefer ice cream, custard or cookies (or even cake or pie once in awhile).

Main Dish — Eat a generous serving of protein-rich food, such as meat, fish or poultry. Plan on at least $\frac{1}{4}$ pound lean meat before cooking.

Potato — Occasionally choose rice, noodles or macaroni in place of potatoes.

Vegetable — At least every other day, be sure that the vegetable is yellow or dark green leafy (rich in vitamin A and minerals). Such vegetables as carrots, spinach, broccoli and winter squash are a few excellent examples.

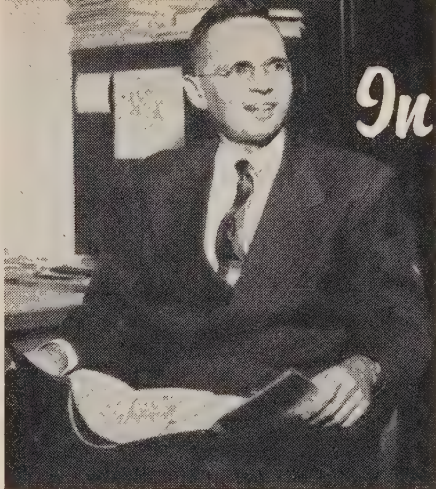
Salad — Frequently include a raw fruit or vegetable salad with your dinner.

Bread — Occasionally use hot rolls or biscuits to make a tempting change from plain bread.

Butter or Margarine

Milk — Since teen-agers may need 2 to 4 or more cups of milk a day, it's a good idea to drink some at every meal.

Dessert — Your choice of desserts (as well as many of your other food choices) will very likely be influenced by your family's meal patterns. However, it is probably possible for you to pass up rich pies and pastries for an apple or orange (or nothing) if over-weight is a problem. Or, you may be able to get an "extra large" serving, if your appetite and weight warrant it.



Interview . . .

with a theologian

Dr. Roger L. Shinn is Professor of Christian Ethics, Union Theological Seminary, New York City. He is author of *Beyond This Dark Life, Death and Destiny*, *The Apocalyptic Posture*, and other books. He is co-chairman of the corporate body of the United Church of Christ's Board for Home Missions.

Here are some questions you may have asked yourself many times. These questions puzzle the great minds of our day too. But out of our questioning can come a stronger faith. To give us all something more to think about, we wrote these questions to Dr. Roger L. Shinn, a theologian of the United Church of Christ. Why not share his answers with an interested discussion group?

at New York City

Q How do we know there is a God?

A Maybe we don't. It depends on what you mean by *know*. We know there is an Atlantic Ocean because some of us have seen it, swam in it, sailed across it; the rest of us accept the authority of those who have. Christians do not know there is a God in anything like the same sense. On the other hand, atheists do not know there is *no* God.

Q Does that mean religion is a guess?

A I'm afraid some people's religion is. If so, it's a poor religion. Looking at it this way. If you ask me what my wife will serve for dinner next Wednesday, the best I can do is make a guess. But if you ask whether she will stick by me and help me next time I am sick, I will say yes. My answer is not just a guess. It is a matter of *faith* or *trust*.

Q But you trust your wife because of long experience with her. Is there any such experience of God?

A Yes, but it is not exactly the same kind of experience. William James, one of America's great psychologists and philosophers, put the question in a helpful way. Belief in God, he said, is belief that the deepest and most eternal reality in the universe is "no longer a mere *It* to us, but a *Thou*."

Most human beings, when they examine their own experience, cannot get away from a sense that they live in *response* to a reality who is personal, purposive, and moral. One way to test this experience is to try to *believe* in God. That is not so easy as it seems. Sometimes it would be more pleasant, more convenient to disregard God. Then a person could do as he pleased, responsible to no one except himself. But it is extremely difficult—if not impossible—to escape the conviction that *life is a response*, not just to the people and things about us, but to a *personal power*. Even Joseph Khrushchev, who as a communist is not allowed to believe in God, keeps appealing in his speeches to some authoritative truth and right beyond mere opinion. Even so, I do not think that anyone can prove that there is a God. Roman Catholic theology does try to prove that God exists. Protestants usually say that belief in God involves some venture of faith, some willingness to accept the risk of trust in God. If you approach God as a person, if you pray to Him and seek to serve Him, you will probably find evidence in your experience that He is real.

Q Well, then, if there is a God, why did he put me here?

A I'm not a mind reader, and I certainly cannot read God's mind. In the Old Testament, Job wondered why God put the hippopotamus here, and he never found out. You wonder why he put you here, and you may never find out. But aren't you glad you are here? And isn't life better when you are grateful for it, when you do something worthwhile, when you love another person? Don't you look forward to opportunities to do something interesting in a career, to share the joys and pains of other people in a family of your own or in friendship? You will never know *entirely* why you are here, but you have as many clues as you need.

Q Just how far are the details of my life, if any, already planned by God?

A Some Christians think most of your life is planned in advance. I think a lot depends on your personal decisions, on the decisions of other people, and on the way history goes. For example, I do not think I have decided that we will or will not have an atomic war. And that is more than a detail in the lives of us all. ►►

Interview

Q Does that mean you don't believe in predestination?

A I think predestination reminds us that the future is not entirely in our hands. No one of us can decide whether there will be war or peace. Even an official vote in the United Nations will probably not decide the question. Our decisions are important, but there are limits on our ability to plan the future. Furthermore, predestination means that in every situation, whatever the future brings, God has a will and an opportunity to act on each of us. But I do not think He has settled the whole future.

Q How free, then, am I to do what I please?

A Obviously not entirely. You are not free to flap your wings and fly. You are not free to live for 500 years—although you are free to guard or abuse your health and perhaps increase or shorten your life. Probably you are not free to be a scientific genius, a movie star, an Olympic winner, or a famous artist. Maybe you are—I don't know. But heredity and environment have a lot to do with what you can become. Just don't forget that *you* yourself have a lot to do with what you make of your heredity and environment. To deny one's freedom is usually a cowardly attempt to get out on a responsibility.

Q If God is love, why does he make some people suffer?

A Does *God* make people suffer? *People* make *each other* suffer. *People* make *themselves* suffer. And *nature* causes suffering. But *nature* is not God. Don't blame God for every particular thing that *nature* does. However, you can "blame" God, if you want, for creating the kind of *nature* that makes some suffering inevitable. Why did God do this? St. Augustine in the fifth century said: "God judged it better to bring good out of evil than not to permit any evil to exist."

Stones do not have freedom or experience pain. People do. Would you rather be a stone? Most people prefer the cost of life for the sake of opportunities of life. But Christianity is not an explanation of suffering. Jesus Christ, you may have noticed, never tried to explain suffering. He did two more important things: *he shared it* and *he helped people overcome it*.

Q But how do we know Jesus Christ really lived?

A By the historical evidence. We have more evidence about the life of Jesus than about most historical characters, less than about some. Practically all historians, whatever their religious attitudes, believe that Jesus lived.

Can we blame God for our suffering?

Q How do we know that Jesus is the Son of God?

A That is the crucial question. The more you think about it, the more remarkable it becomes that anyone should believe that Jesus is the Son of God. When Jesus lived in Palestine, people expected that a Messiah would overthrow the Romans, establish justice, bring prosperity. Jesus did none of these. He was the humblest of men. Instead of taking over the government, he let the government kill him. Yet people soon were calling him Savior, Lord, Son of God. Why? Because they could not set aside his commandments as the ideas of a mere man. Because they were convinced that his forgiveness was divine forgiveness. Because, as they believed, he “reconciled” them to God and sent them on a reconciling mission. Because they met him—however you interpret it—risen from the dead. The “miracle” at the foundation of Christianity is this testimony that so unlikely a person as Jesus should be the Savior from God. That miracle is repeated every time a person today decides in all honesty that Christ is the Savior.

Q What does it mean to be saved?

A It means to be healed.

Q Healed from what?

A From such sicknesses as fear and despair. From frustration, aimlessness, and dullness. From inner conflict and from sin. From fear of death. Maybe you can find better words for whatever it is that gnaws at people, cramps them, makes life bitter or tiresome. To be saved is to be released to freedom and adventure and love.

Q You said something about sin. What is that?

A Sin is the kind of self-centeredness that cuts us off from God and from other people. It is failure to love. God creates us to love, but sin makes us see other people as rivals instead of friends. It makes us resent others in our family. It causes prejudice between races and wars between nations. It makes us pleased when other people are hurt. And it makes us unhappy with ourselves. God creates us “in his image,” as the Bible puts it, so that something within us wants to love. When sin distorts that love, we have inner conflicts. That is why Christians pray, “Forgive us our debts as we forgive our debtors.” That is why the New Testament teaches, “If we say we have no sin, we deceive ourselves and the truth is not in us. But if we confess our sin, he (God) is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Interview

Q But how did Christ's death and resurrection so long ago save us today?

A It is *God* who saves us—right now, every day. Our sin puts a gulf between God and us. We see God as our enemy, as an annoying lawgiver, as a kill-joy. But God crosses that gulf to save us. "We love because he first loved us." He loves and saves us every day.

At one particular time God crossed that gulf in an especially decisive way. In Christ he came to us, showed us his character and will, shared our suffering, and brought into human life a power to overcome sin. When we human beings killed Jesus, he prayed, "Father, forgive them." God's forgiveness of us, even at our worst, gives us the opportunity for a renewed relation with him.

Q How does being a follower of Christ make me a better person?

A It doesn't, if you follow Christ in the wrong way. Some people won't ride automobiles because Christ didn't. God does not ask us to imitate Christ in a slavish way. He asks us to live and serve him in the situation of life today—for example, to make friends of people of other races, to go to school or to be trustworthy on a date. We cannot always run off to the Bible or some other book to find out how to follow Christ. But we can share in Christ's spirit. St. Paul says we can live "in Christ."

Q How do we know what is right and what is wrong in the light of God?

A Sometimes we don't. Everybody makes mistakes. But we know what is right oftener than we *do* it. The Christian believes that God reveals himself in the Bible, above all, in Christ. Starting from that point we can look at the facts of our time. God, instead of giving us all the answers, gave us brains to find some answers ourselves. We can get help from our parents. (They are not always right but—believe it or not—they are *never* always wrong.) We can study our world and human relations in school. When we join the light given us in the gospel to the best knowledge of our times, we have a good opportunity of knowing God's will.

Q How can I be a Christian when I'm with the crowd?

A Sometimes you can't. Sometimes you have to leave the crowd. You were with the crowd who crucified Christ. But don't feel too superior to

Why do so many church members go wrong?

crowd. We are all part of the crowd that killed Christ. Yet Christ loved the crowd.

One of the hardest things for any Christian is to share in the life of other beings, yet not let the crowd settle everything for him. Many wise men have been complaining that the American people are turning into a nation of "conformists," where people are afraid to think for themselves and differ from the crowd. The Christian finds out that *sometimes*, when he is faithful to God, the crowd comes to respect him, even if it doesn't agree with him. *Sometimes*, however, the crowd ridicules him and makes him suffer. But, then, nobody ever said the Christian life was easy.

Q Why do so many so-called Christians and church members go wrong? Is this a sign of weakness within the Christian church?

A Of course it is a sign of weakness. The church, especially in America, is filled with people who don't really know why they are there. Perhaps they come to church out of habit or because they want to be seen there. Some modern dictators, who have persecuted the church, have found out that many Christians are "phonies," while some have courageous faith. But there will never be a church of perfect people. One of my teachers used to say that the church is not a resort for saints but a hospital for sinners. That is why, if I may repeat a point, the church prays, "Forgive our debts as we forgive our debtors." The Christian is a Christian and a churchman, not because he is a good man, but because he knows he is weak and a bad man who needs God's help.

Now let me say one thing on my own. You have asked me some thoughtful questions, and I have been glad to try to answer them. But I don't want to leave anybody with the idea that Christian faith is a set of answers to all our questions. Part of the Christian life is learning to say, "I don't know." A Christian must be a doubter and a questioner on many subjects. Christianity is not an explanation of the world or even of how to live; it is an invitation to enter a pilgrimage—a kind of Pilgrim's Progress. Instead of setting you straight on everything, it leads you into more complexities and more excitement than you would ever find if you left alone. That is why many people reject it. They don't want to be bothered. They want to stick to safe and easy ways. God does not promise a comfortable life with no troubles and no haunting questions. He promises an adventure, where every accomplishment leads to new problems and every answer raises new questions. But in the midst of it all he promises you enough light to live by and his Spirit to go with you. ▼▼▼

youth ^{in the} NEWS



Along with other communist nations, East Germany has many bars Elvis Presley records from the country. Nevertheless, many German fans (like giggling fraeulein) giggle at Elvis' message and say they don't care who knows.

Congress passes payola bill; hopes to clean up TV

A bill that will penalize broadcasters who deceive the public through radio and television shows has been signed into law. This is in response to investigation by the House Special Subcommittee on Legislative Oversight which disclosed deceptive practices in radio and television such as rigged quiz shows and payola (payments to station personnel for song plugging or other free advertising). The intent of the bill is not to punish broadcasters so severely that the public will be deprived of programs but to abolish deceptive practices from the broadcasting field.

Methodist youth urge world peace prayer vigil

An international prayer vigil for world peace by the young people of all denominations was urged by the

National Conference of the Methodist Youth Fellowship at its recent meeting. In recommending the resolution the Fellowship urged "conversations with the United Christian Youth Movement and the World Council of Churches' Youth Department regarding their participation in a vigil." In other actions youth called for a study of communism by Methodist youth in order to oppose it more effectively and "realize shortcomings of the Christian Church which have caused much of the success of communism."

UCYM supports passive resistance against segregation

Two hundred young people, including five from overseas, have declared their support of passive resistance against segregation. Meeting in General Council at Williams Bay, Wis., members of the United Christian Youth Movement una-

usly adopted a resolution declar-
 ing: "We recognize and accept all
 men as our brothers and support
 them in their earnest efforts to re-
 vitalize the dignity and respect God
 has imparted to all his children."

Denominational and state youth
 councils affiliated with the UCYM
 are urged to "consider this state-
 ment in the light of their own con-
 viction and join with us in seeking to
 respond to God's call." An agency
 of the National Council of Churches,
 the UCYM represents more than ten
 million members of 19 denomina-
 tional and 44 state youth councils.
 Operating are 30 Protestant and
 Eastern Orthodox groups, including
 youth of the United Church of
 Christ.

High school heads favor courses "about" religion

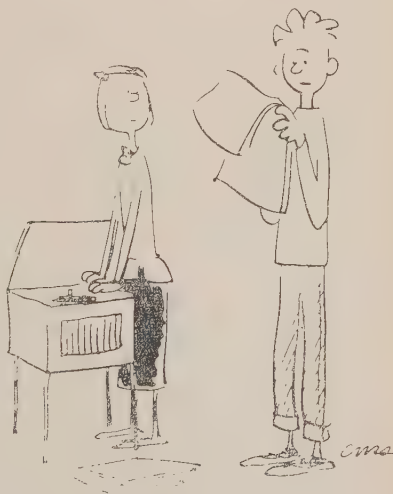
A nation-wide survey queried super-
 intendents and school administra-
 tors on the advisability of offering
 (1) a course "about" religion and
 (2) a course that would prepare
 students for family life and mar-
 riage. The majority (52 per cent)
 of the educators agreed schools
 should offer a course on religion. A
 larger majority (61 per cent) felt
 public schools are doing as much as
 can be expected in the teaching of
 moral and spiritual values. When
 queried about the marriage course,
 54 per cent felt the schools should
 assume more responsibility along
 these lines.

VER



STORY

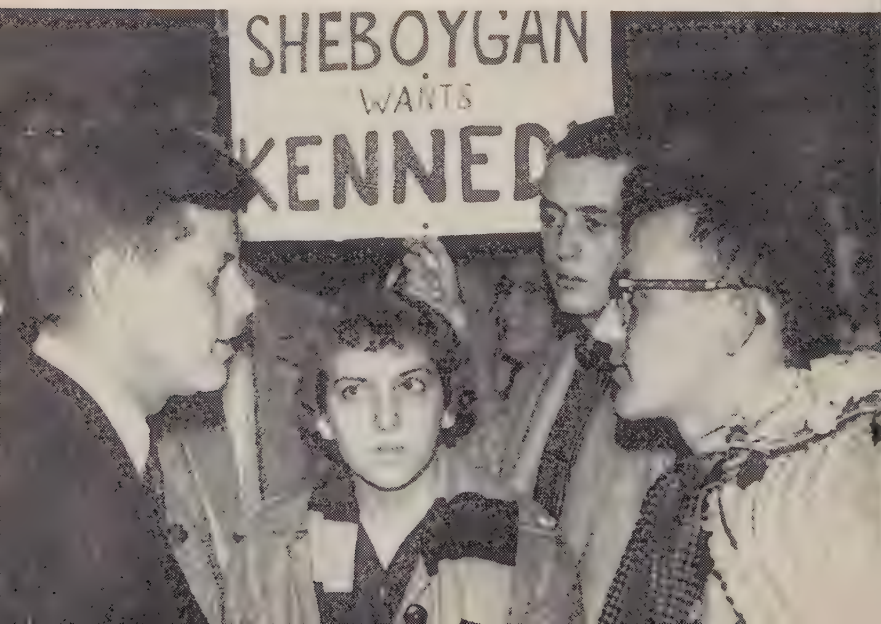
magazine needs to serve its read-
 ers a well-balanced diet. The job
 of the editor is to make certain
 that the editorial content he cooks
 up is varied enough to be interest-
 ing, seasoned enough to be tasty,
 and full of proper calories and
 vitamins to grow strong in stature.
 We're testing some new recipes in
 the next few issues of YOUTH
 Magazine. And just like any other
 kitchen, we're eager for your com-
 ments on what's cooking. Address
 letters to the Editor-in-Chef.



*"If this paper mis-spells the name of
 our church just once more, I'm go-
 ing to write a letter to the editor,
 and accuse him of religious big-
 otry!"*



Let's get involved .



TEENS can't vote, but they can help shape the political life of their country. And both political parties are alert to what teens can do.

In Georgia, Kentucky, and Alaska where 18-, 19-, and 20-year-olds, respectively, can vote, teens will really be in the middle of the hubbub. As voters, they'll be the center of vote-getters' attentions and involved in all sorts of political activity in their cities. On college campuses, one million student voters will be named "Most Sought After People" by Young Democrats and Young Republicans who want their support before, after, and at the polls.

But if you're a teenager living in one of 47 states where the voting age is 21, where do you fit into this colorful political picture? You're in big demand, for both the Teen Dems for Kennedy-Johnson and the Teen-Age Republican Clubs (TAR) are calling all teenagers. They use their respective parties as home base, but they're also offering opportunities for action as independents, too.

in Politics!

Teen Dems have one basic purpose—to interest citizens twixt 13 and 21 in clean politics and in good government itself. They feel that their role in the big business of politics is a leading one, even if they are two to ten years away from voting privileges. They believe that the United States needs the ideas, enthusiasm, and hard work of its young people participating in politics and that teenagers have an obligation as citizens to make an active contribution to the campaign. After the election is over, the group will continue to function under the name of Democratic Teens for America. If you're interested in becoming a Teen Dem for Kennedy-Johnson, write your questions to Nick Nadzo, 1001 Connecticut Ave., Washington, D. C.

Teen-Age Republican Clubs can also be found all across the land promoting an interest in politics among young people in order to make them better voters in the future and to assist Republican candidates in winning elections. They feel that most people establish their political views in their teens and that teenagers should have a chance to join a party unit so that they will have knowledge of politics and be able to add more strength to their party cause. Write to the Young Republican National Federation, >>>

Purpose: to interest teens twixt 13 and 19 in clean politics and government

1625 Eye Street, N.W., Washington 6, D. C., if you're interested in starting a Teen-Age Republican Club in your city.

"We don't have Utopia," said the sweaty young man behind the padded desk at one of our national party headquarters, "but we do have democracy and becoming involved in the politics that makes this democracy work is the most exciting experience in the world."

This business called politics is one of the biggest and most stimulating enterprises you can find anywhere. Its leaders are the professional politicians and career party workers who make their headquarters in state capitals and in Washington, D. C. But in every small town in the nation there are also these parties' ward workers, secretaries, and messenger boys who think, eat and sleep party politics. And these rank and file party workers have as vital and necessary a job to do as the men whose names make headlines.

"What's in it for me?" you ask. Insight, understanding, training, experience! A chance to express your concern for the welfare of the nation. Junior politics is training for senior politics, an introduction to a successful governmental career, or an effective role as a concerned citizen. It gives you a chance to see how parties operate from the inside, to grasp the meaning of your ONE vote, to discover what stuff really good candidates are made of, to observe the challenge of victory and to accept responsibility of defeat.

When serious citizens fail to take part in the workings of the political life of their nation, politics becomes a dirty word—a game of the good guys against the bad guys. No business needs fresh ideas and daring dreams put to work in a Christian perspective so desperately as politics. No other enterprise welcomes teen-age idealism and energy so readily.

"Political action is designed not only to win elections, but to solve problems of society," said Stephen A. Mitchell, former national Democratic chairman, speaking to a group of teens. "The need is great. The opportunity is here. The time is now. . . . The need is for your participation in politics in the future—and I don't mean ten years from now."

—KAY LORANS



Primer for the Teen Politician

Keep yourself informed

Read, listen, and observe. Study the election issues (civil rights, emerging nations, cold war and disarmament problems, education and welfare, economic policies, inflation—taxes—balanced budget, ways for peaceful change). Study the points of view of the nominees and their parties. Study the qualifications of the candidates.

Share your opinions with others

Talk over the campaign issues with your parents, your classmates, your teachers and leaders at school or church.

Write "letters to the editor" and use other means of communications. As a Christian, you have a responsibility to oppose religious bigotry or campaign smears, and to develop honest, informed public opinion among friends and neighbors.

Urge group discussion of the issues

Have your group at church sponsor a program, or series of programs, on the election issues. Invite local party members or public officials to speak, form panel groups, develop debate teams, write and present skits. Suggest your school or church have a mock election.

Support your favored candidate or party

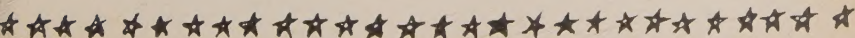
Wear a badge supporting your favorite candidate. But first know why you support him so that you can answer the queries you'll get. Local party headquarters often need voluntary help. Teens can work on sound trucks, join demonstrations, ring doorbells, distribute literature, act as a receptionist, answer phones, address, stuff and seal envelopes. It's been said that you're not a party member until there's an inch of mucilage on your tongue.

Get others out to vote

Take part in local efforts to get *everyone* of both parties of voting age out to the polls.

Aid in transportation on election day. A girl can baby-sit while a boy provides transportation to the poll for the mother.

Pray for the nominees and voters



just teens

—times for "yes" and "no"

There are times when you have to say, "No," when asked for a date. How can you do it and not hurt a boy's feelings?

By being honest. If you are truly sorry, it will come out in your answer which would convey your attitude. You might say, "Oh, I wish I could! Ask me again."

How do you say, "Yes," and not show how excited you really are?

You can remember that a boy has asked you because he wants a date. Show your pleasure by saying, "That would be wonderful—I'd love to!"

Suppose a boy asks you for a date and you don't want to date him then or ever, yet you don't want to hurt his pride. How can you refuse in a nice way?

Politely say, "I'm sorry, No. I just can't." It's more humane that way than to have him keep on asking for numerous defeats. You need not make up an excuse, and neither

need you be rude. If he asks a reason, he is being rude. Get but firmly, is your cue.

You are invited to dinner and food is served which you simply cannot eat because it makes you sick. Do you eat it anyway?

You have two choices. Take a small portion and ignore it or explain briefly and with regret to the hostess. Make it brief and courteous.

If you neither smoke nor drink, how can you refuse nicely offered a cigarette or alcohol?

Smoking and drinking are not part of everyone's diet. Therefore, you will not be rude to say, "Thank you," lightly, to the offer of either. If there should be insistence upon a drink, you can always say, "I'll have a Coke, thank you," (or ginger ale or tomato juice). The same manner of refusing can apply likewise to group or "solo" dancing.

—KAY MITCHUM

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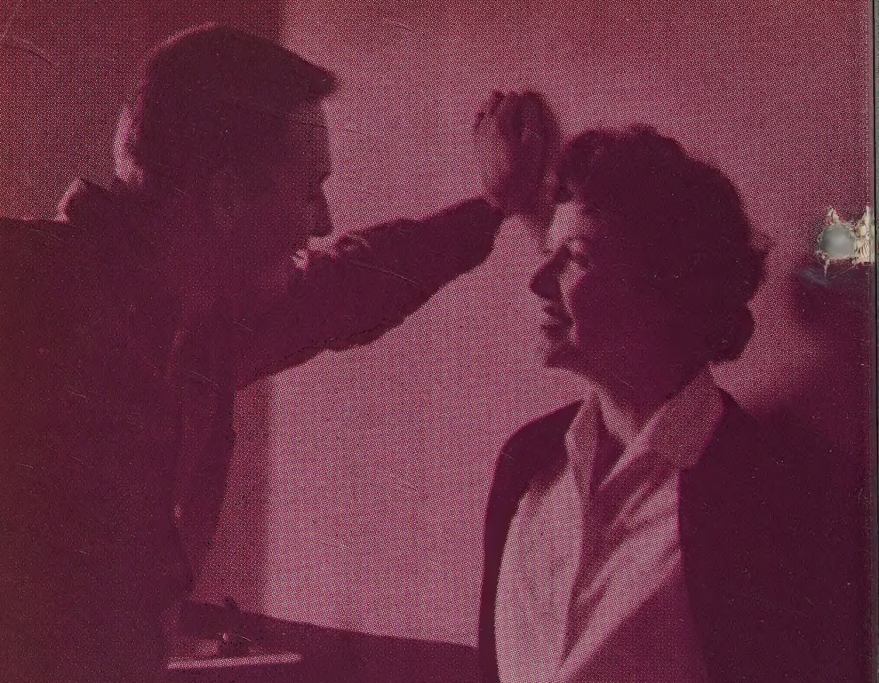
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LOOK closely at the teen-age boy pictured here. In his eyes are mirrored loneliness, fear—and a bleak awareness that life and people are not to be trusted. He is one of the more than five million people—refugees we call them—on a desperate hunt for something to live for—and on. So what, you ask, can one lone teenager—with no dough to speak of—do about it? Not much.

How to hallow Halloween

But thousands of teens banded together in a cross-country program can—and already have. How? By adding a new twist to ole Halloween trick or treat—the traditional night for fun, frills, and candy-foraging. The “new twist” is that instead of canvassing the neighborhood of handouts for themselves, teens will ask for contributions of money for distributing U. S. surplus foods to the hungry abroad. Church World Service, sponsors of the SOS (Share Our Surplus) program, estimates that each dollar will result in over 300 pounds of food being distributed overseas. Each canvasser will wear an identification tag, and carry a container for contributions. He will also carry a letter of identification from the local sponsoring committee. For more information and a free kit write to Commission on World Service, 1720 Chouteau Avenue, St. Louis 3, Mo.



Popularity

From all boastfulness, pride, and self-assertiveness,
Good God, deliver me.

From the desire to draw attention to myself and to put
myself before others,

Good God, deliver me.

From all lack of gentleness, courtesy, and modesty,
Good God, deliver me.

Give me grace to learn, O Lord, that it is better
to be right than to be popular, to be pure than to
be in demand. Give me wisdom to choose friends
whom I can help and who will also be a blessing
to me.

When your mercy and talents in my life bring me to the center
of attention, provide the extra power for me to remain
humble and thankful. Let me grow daily, good God,
in the mind of Christ and always remember that it is better
to give than to receive. Amen.